

# Cooking with Kids: Family Cooking Class



**5 FREE Hands-on  
Cooking Classes for  
caregivers and kids  
aged 6-8.  
(one child per caregiver)**

**April 5 - May 3, 2018  
5:30 pm - 7:30 pm**

## To register

**Call the Healthy Life Line at  
613-966-5500 ext. 610  
TTY: 711 or 1-800-267-6511**

**Registration closes March 23**

[www.hpepublichealth.ca](http://www.hpepublichealth.ca)



# FREE Classes include:

- Kitchen and knife safety lessons
- Hands-on cooking with Registered Dietitians
- Easy, healthy meals to take home
- New recipes to try
- A snack to share
- Fun with your family



**Join us at  
Hastings Prince Edward Public Health  
179 North Park Street, Belleville.**

To request this document in an alternate format, call 613-966-5500;  
TTY: 711 or visit [www.hpepublichealth.ca](http://www.hpepublichealth.ca)